



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
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Helpful tips to get started with healthier cooking:

- Start with small changes. You don't have to make drastic changes to your cooking all at once. You might start by adding one or two healthier recipes into your weekly rotation.
- If you have family members that squirm upon hearing that something is "healthy", don't mention it. In the end, if it tastes good, your family will probably eat it.
- You could also start by adding a healthy side dish to dinner each night. For example, when serving cheeseburgers, serve them with a side of grilled asparagus or fresh fruit.
- Involve other family members in the process of planning meals for the week, shopping, or even cooking. Getting family members involved allows them to have a say in the menu and they can learn about better food choices.
- Find healthy ingredients that you can swap in to make your favorite recipes a bit healthier.
 - ☺ Add cooked **broccoli** to macaroni and cheese or your favorite casserole
 - ☺ Add extra **carrots**, **celery**, and **onions** to your beef stew or soup
 - ☺ Add cooked **zucchini**, **mushrooms**, and **carrots** to your pasta sauce
 - ☺ **White Rice or Regular pasta** - Try a whole grain substitute like brown rice, whole grain pasta, wild rice, quinoa, or whole grain barley for casseroles, stir-fries, soups, and other dishes. (Start with substituting a small amount and work your way up)
 - ☺ **White bread or whole grain bread** - Try 100% whole wheat bread.
 - ☺ **Dairy products** - Try using reduced-fat dairy products such as lower fat milk, cheese and cream cheese. Try non-fat plain Greek yogurt or fat-free sour cream for topping tacos and making dips.
 - ☺ **Ground Beef** - Try a lean version (90% lean or more). Lean ground turkey breast is also a great choice.
 - ☺ **Chicken**- Remove the skin from chicken or turkey. You could also try using white meat from the chicken breast in your recipe, which is the leanest part of the bird.

Source: American Diabetes Association

***The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.***

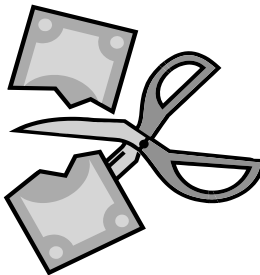
Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Making a Realistic Food Budget

Many households can spend less for food each month if they plan their meals and make good choices at the grocery store. You can make a budget by following these steps:

1. Track the money you spend in a month on food at the grocery store. Subtract all non-food items such as soaps, pet foods, paper products, cigarettes, etc. from total spent.
2. Track the money spent that same month on all food eaten away from home. This would include restaurants and fast food, senior dining site donations, etc.



Grocery store - non-food + eating out = total food budget

3. Based on your past month's food purchases and expenses, create a monthly food budget that meets your needs and wants. Include a way to put some money aside for unexpected food costs and events. Your food budget should then meet your monthly food needs.
4. Continue to track your food expenses each month to track what you are actually spending. Adjust plan as necessary.

Source: *Wisconsin Nutrition Education Program booklets*

For more information on eating healthy at home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office, 723-2125.

UW
Extension

WIC & Health Check Clinics

*(Immunizations given at all these clinics)
(Influenza vaccine also given at all these clinics.)*

Feb 4th—Late Muscoda Kratochwill Bldg from 2:00pm to 6:30pm

Feb 5th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Feb 10th—Boscobel United Methodist Church from 9:30am to 3:30pm

Feb 11th—Fennimore United Methodist Church from 9:00am to 3:30pm

Feb 17th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Feb 19th—Late Platteville Lutheran Church of Peace from 3:00pm to 6:30pm

Feb 24th—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Feb 26th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Health Insurance Marketplace

Open Enrollment **ends** February 15, 2015 for the Health Insurance Marketplace for 2015.

Visit HealthCare.gov to enroll. You may qualify for coverage through a private insurance plan, Medicaid or the Children's Health Insurance Program (CHIP). Marketplace Open Enrollment for 2015 ends February 15, 2015.

Call the Marketplace Call Center at **1-800-318-2596**.

Protect Yourself and Your Family from Noroviruses

Noroviruses are a group of related viruses that can cause gastroenteritis (GAS-tro-en-ter-i-tis), which is inflammation of the stomach and intestines. This leads to cramping, nausea, vomiting, and diarrhea. Norovirus is found in the vomit and stool of infected people. You can get norovirus from direct contact with an infected person, contaminated food or water, or by touching contaminated surfaces. Norovirus spreads quickly. Anyone can get infected with norovirus and you can get it more than once.

The most common symptoms are diarrhea, throwing up, and nausea. Sometimes people also have stomach pain, fever, headache, and body aches. Most people with norovirus illness get better within 1 to 3 days.

Prevention

- ▶ The best prevention is to wash your hands carefully with soap and water—
 - Especially after using the toilet and changing diapers
 - Always before eating, preparing, or handling food.
- ▶ Alcohol-based hand sanitizers can be used in addition to hand washing. But they should not be used as a substitute for washing with soap and water
- ▶ Wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them.

**Do not prepare food for others while you are sick with vomiting and/or diarrhea.
Wait at least 3 days after you recover.**

Cleaning

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

Laundry

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool. Wash the items with detergent at the maximum available cycle length then machine dry. Handle soiled items carefully- avoid shaking contaminated laundry and wash your hands after handling.

Norovirus illness is *not* related to the flu (influenza). Though they may share some of the same symptoms, but influenza is a respiratory illness.

Free Radon Test Kits Available

Americans spend about 90% of their time indoors, but indoor air is not always as safe as it may seem. One of the most serious health hazards found in indoor air is completely invisible. It is an odorless, colorless gas called radon. This gas is the second leading cause of lung cancer and is responsible for up to 30,000 lung cancer deaths each year.

Radon occurs naturally in the soil and accumulates in homes especially during the winter months. High radon levels have been found in every state and in every type of house. In Southwest Wisconsin, past testing has shown that in some areas 30% of homes have elevated radon levels. Making repairs to eliminate radon gas can be simple and affordable. A typical radon problem can be solved for less than \$1,500.

Testing is the only way to know what the radon level is in your home. Test kits are available free of charge at the Grant County Health Department, 111 South Jefferson Street, Lancaster, WI. For more information, contact the Grant County Health Department at (608) 723-6416.



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